

Beef and Egg Scramble

I've eaten this for breakfast or dinner. It can be delicious by itself or with a whole bunch of other goodies thrown in. An excellent high protein meal for those recovering from illness or traveling. Beef and eggs sounds so simple and ready for a farm like atmosphere. With the windows open, and birds singing, you can almost feel the pull of the season of growth as spring begins. A light meal, just enough to awaken the body, and not sit heavy enough to require a nap before physical or mental exertion. Onions and mushroom add liquid to the meal.

Pre Cook Preparation:

Marinate: No

A. Timer set to thaw meat for about 2 hours

B. Timer set to the time to begin preparation prior to cooking

C. Stay with meal to stir frequently

Meal Adaptations:

Physical Accommodations:

Sit on a stool while stirring

Visual Accommodations:

Contrasting colored wooden spoons

Potential Food Allergy or Intolerance:

Beef

Butter (lactose)

Eggs

Mushrooms

Onions

Pepper

Spices

Turkey

Meatless Preparation Avoid:

Beef

Butter

Eggs

Turkey

Substitute with: _____

Utensils:

Chopping board
Fork
Paring knife
Spatula
Spoon
Pan: 8 inch frying pan

Ingredients:

Meat: Choose 2 pounds of:

Beef burger, or,
Turkey burger
6 eggs

Vegetables:

Optional:

15 ounces of broccoli
15 ounces of carrots
15 ounces of corn
15 ounces of mushrooms
15 ounces of onions

Other ingredients:

Dash of salt
Spices such as pepper to taste

Preparation time: 10 to 15 minutes

Preparation:

1. Chop optional vegetables, if used.
15 ounces of broccoli
15 ounces of carrots
15 ounces of corn
15 ounces of mushrooms
15 ounces of onions
2. Mix ingredients in a bowl.
You may need additional eggs for additional ingredients.
3. Fry in pan on medium heat, stirring frequently, until done.

Cook Temperature: Medium heat

Cook Time: 20 to 30 minutes

Servings: 4 to 6

Storage Solutions: Square containers in individual servings with or without vegetables

Counter safe: 30 minutes to cool enough to place in the fridge or freezer

Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources

Freezer safe: 2 to 3 months * Per FDA Storage Chart link in Resources

Reheat Instructions:

Microwave: Time and temp may vary.

- 1. Place in a microwave safe dish (not plastic).**
- 2. Heat until food is fully hot and reaches a safe temperature.**
- 3. Minimum 2 minutes.**

Add your microwave time here: _____.

Stove Top: Time and Temp may vary.

- 1. Place food in frying pan.**
- 2. Add enough water to almost cover food.**
- 3. Stir frequently while food heats, until thoroughly warm, about 5 minutes.**

Add your stove time here: _____.

Oven Directions: Time and Temp may vary.

- 1. Place in oven safe pan.**
- 2. Add a little water.**
- 3. Heat until thoroughly warm, about 5 minutes.**

Add your oven time here: _____.